

- Every hour per day spent driving increases the likelihood of obesity by 6%
- Every Kilometer per day walked decreases the likelihood of obesity by 4.8%

- The closer people live to a safe place to walk or bike, the more likely they are to use it.

*Places to walk: convenience an regular physical activity* . American Journal Of Public Health,(2002) 93, 1519-1521

- Access to recreational facilities more than doubles the likelihood that people will engage in recommended levels of physical activity.

*American Journal of Health Promotion*

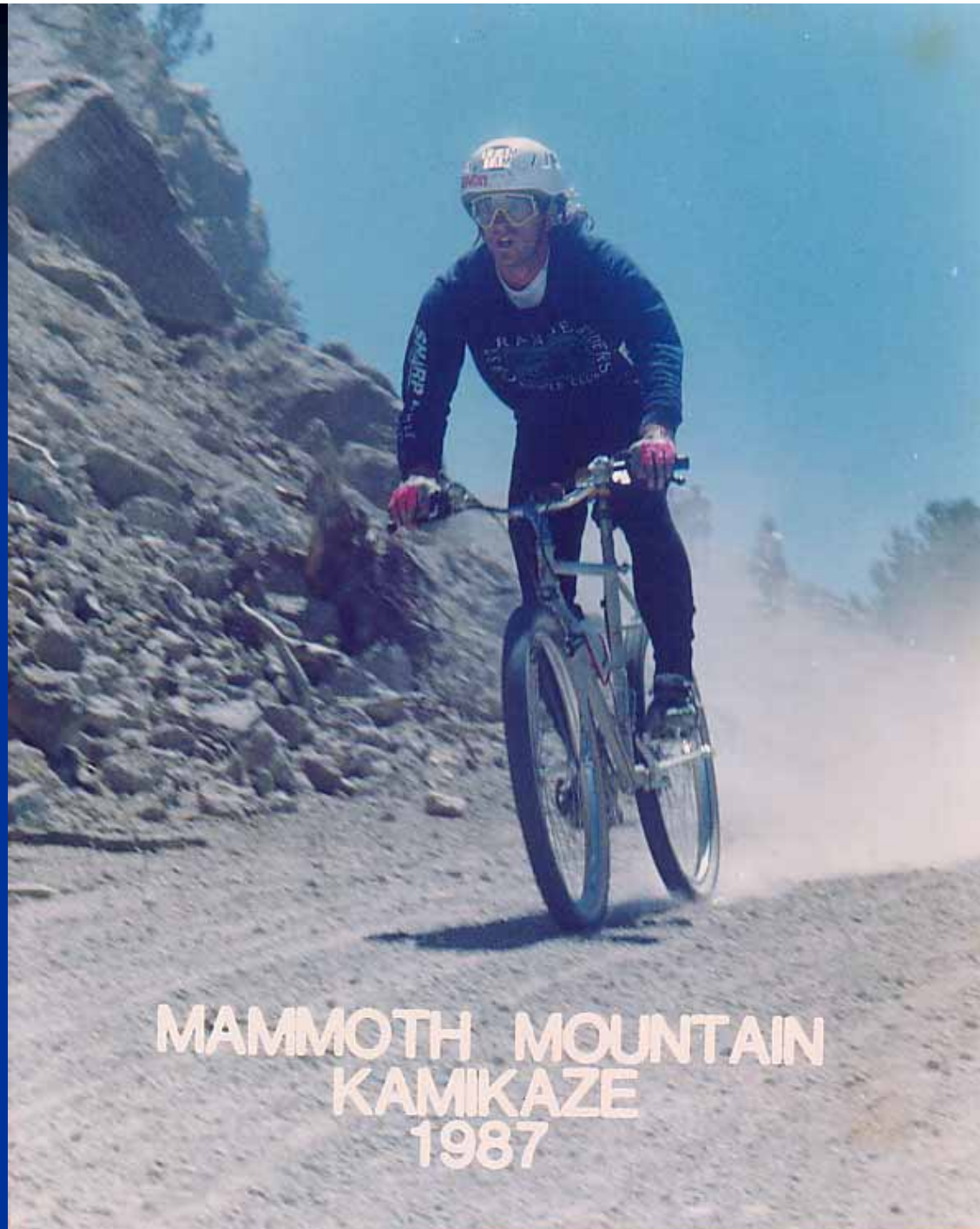
- Nationally, the obesity rate has doubled over the last two decades.

Obesity: An American Public Health Epidemic. McGinnis, JM NIHCM Foundation

- More than 60% of California's African American and Latino adults are overweight or obese.
- CA Dept of Health Services Report

# Healthy Trails – Healthy Funding

Neil Davis, RN PHN



MAMMOTH MOUNTAIN  
KAMIKAZE  
1987

# The Benefits of Trails

- Health
- Economic
- Quality of Life
- There all inter-related



# World Health Organization

- “ A state of physical, mental, and social well-being , not merely the absence of disease.”

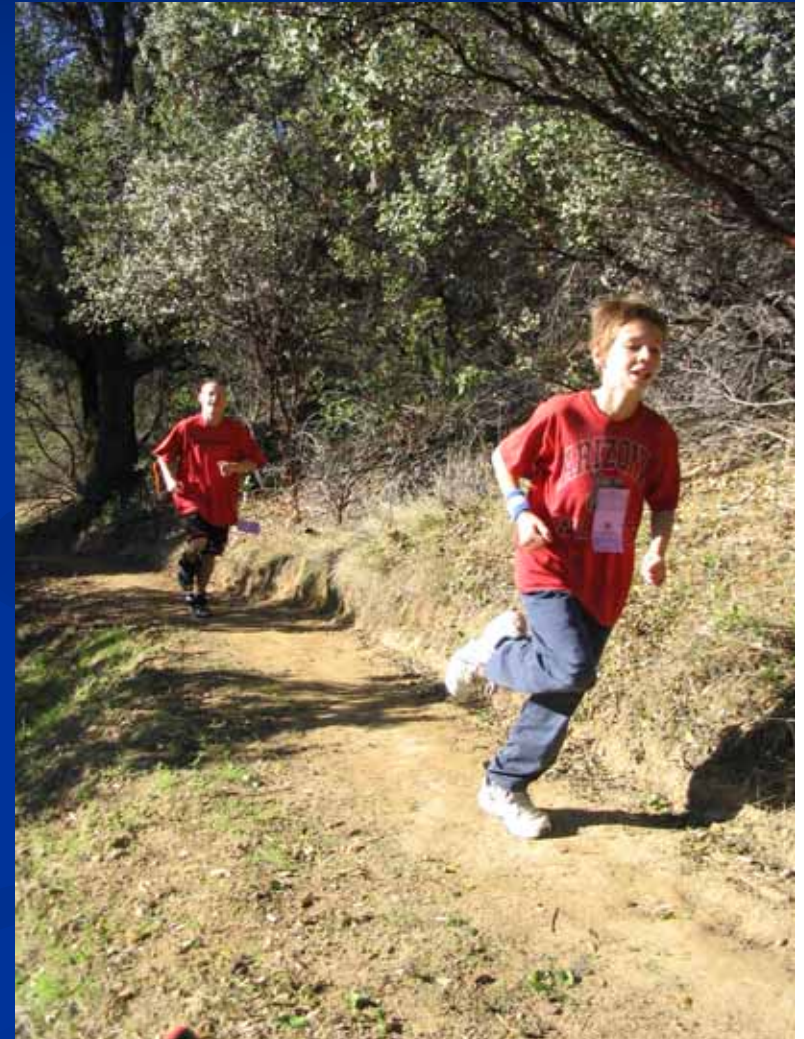


# Making the Case: Trail Proposals

- Health Promotion has Persuasive Power
- “Mr Mayor, Dude, the trail will be totally awesome!”
- OR....
- “This trail will be a vital link in our built environment and will encourage active living and lead to decreased obesity and increased health.”

# Making the Case for Your Trail Proposal

- Not just funding
- Granting Foundation
- Local Businessperson
- Politician
- Land Manager
- Health Care Professionals
- NIMBY



# Be a Health Promotion Advocate

## Governor challenges youth to be more active

By LAURA MCCUTCHEON  
The Daily Journal

Over 50,000 students attending over 1,000 schools in the state are participating in a race for a new fitness center, among them are 144 students who attend Redwood Valley Elementary School.

The Governor's Challenge, sponsored by General Mills, is to be active 30-60 minutes a day, at least three days a week for four weeks. Every student who completes the Challenge qualifies for a certificate of completion signed by the Governor and an official patch of the Council Seal. The major motivator -- made possible through support from the Blue Cross of California Foundation -- is a brand new fitness center to the Governor's Challenge Competition's grand prize winning school and \$1,000 of physical activity equipment to



**Schwarzenegger**

11 regional award winning schools that have the highest percentage of students completing the Governor's Challenge by May 31.

Over the past few months

See *FITNESS*, Page A-12

# Table of Contents

- Public Health Primer
- Research
- Public Health Initiatives



# Public Health Primer

- Are we healthy?
- NO



# Adult Health

- 30 % of adults are obese (60 million people)
- Definition of obesity = BMI of  $> 30$ ; or approximately 30 lbs overweight.
- Desensitization to Overweight



# Adult Health

- Despite proven health benefits of exercise, >50% of adults don't get enough exercise to gain health benefit.
- Obesity soon to overtake tobacco as #1 killer
- Cost of Physical Inactivity to CA 13.3 Billion/year





# Children's Health

- 61% of 5-10 year olds have 1+ cardiovascular risk factors
- 27% have 2+ cardiovascular risk factors
- JEN recommends that nurse now should consider the possibility of cardiovascular disease in children
- 17% of youth aged 12-19 are overweight

# Children's Health

- Only 50% of 12-21 year olds engage in regular exercise
- Daily PE in HS used to be a 4 year requirement
- That requirement has decreased in all 50 states
- In 1991 42% of HS students participated in daily exercise
- In 1997 29% of HS students participated in daily exercise

# Children's Health

- One in three children born in 2000 will develop diabetes
- Current rate of diabetes is 7%
- 2002 cost of diabetes = 132 billion



# Children's Health

- It's predicted that our children will be the first generation of American's to have a shorter life span than their parents.





# Mission Control – We Have a problem

2006

## DAILY DIGEST

3517

The Ukiah Daily Journal

udj@pacific.net

### Fitness experts call for new neighborhood designs in fat fight

By CHASE SQUIRES

Associated Press Writer

DENVER — Bad news on the fat-fighting front: Fitness experts say that solving the nation's obesity problem is going to take a lot more than public service campaigns and frightening reports.

One easy step, they say, would be designing neighborhoods to be walkable.

"We've built an unhealthy world in a lot of different ways," said James Sallis, a San Diego State University psychology professor once dubbed an "obesity warrior" by Time magazine.

Sallis and others who gathered recently at the American College of Sports Medicine's annual meeting in Denver said virtually everything American society has done for the past 100 years has made it easier for us to be fatter.

Sallis contends change will come only when the public demands walkable development, more federal money for parks and bike paths and even a tax on industries that promote sedentary lifestyles (he pointed to video game makers, movie theater chains and even electric Segway scooters).

Proof that people will accept an active lifestyle and walk to parks and shopping if they can is found in the "new urbanism" style of planned communities, the experts contend. They pointed to Denver's Stapleton neighborhood, an enclave of new homes built where the city's old airport used to be that bills itself as a "walkable community."

The neighborhood is a mix of shops, offices, parks, apartments and houses linked by wide sidewalks and meandering bike paths. Architecture varies from single-family homes to rows of brownstones.

**The Centers for Disease Control and Prevention says two-thirds of U.S. adults were overweight in 2003-2004. For children, 34 percent were overweight, up from 28 percent in 1999-2000.**

Tom Gleason, a spokesman for developer Forest City, said the design has been a hit. Two years ago, organizers were concerned people coming to a park for a founders' day celebration might take up all the parking.

"We had about 2,000 people there, and I went around back, I looked in the parking lots, they were empty," Gleason said. "People will walk if you give them that opportunity."

Stapleton's development plan was crafted largely through citizen advisory panels in the 1990s. Even then, Gleason said, people wanted neighborhoods where they could get around without their cars.

Jack Berryman, a professor of medical history at the University of Washington, said active lifestyles date back centuries and President Roosevelt famously worried about Americans' "slothful life." Before both world wars, military leaders complained about "soft" recruits and President Eisenhower launched the President's Council on Physical Fitness in 1956.

"Given all that, which I am suggesting got the word out, it's just failure, failure, failure. Fatter, not fitter," Berryman said.

Janice Meer, communications director at the Presidents Council, said fitness programs aren't required by the federal government in schools or workplaces because Americans prefer programs tai-

lored locally.

Smoking bans, for example, have been state and local initiatives. The government did its part by identifying the dangers, Meer said, but it took society decades to embrace the message and tackle Big Tobacco.

On obesity, however, the government has been bullish with its warnings.

The Centers for Disease Control and Prevention says two-thirds of U.S. adults were overweight in 2003-2004. For children, 34 percent were overweight, up from 28 percent in 1999-2000 (17 percent were obese, up from 14 percent).

CDC standards says a 5-foot-10-inch adult — male or female — is overweight at 174 pounds and obese at 209. For children, age and sex are factored in and compared against other children.

Two years ago, the federal National Institute of Environmental Health Science hosted a conference on how society has engineered activity out of American life. Institute spokeswoman Christine Bruske said a similar conference last year focused on how children are affected, but new ideas take time.

Without a coordinated effort among federal, state and local governments, communities can't compete with auto-centric subdivisions or corporate advertising for everything from cars to candy to video games, Sallis said. Transportation money goes to highways, not bike paths or even sidewalks in newer developments.

"Everything is engineered against us," Sallis said.

*On the Net:*  
Sports medicine college: <http://www.acsm.org>  
Stapleton development:  
<http://www.stapletondenver.com>

# Built Environment

Richard Jackson, MD, MPH

- “Public Health officials need to view the built environment as having as much influence on public health as vaccines.”
- Trails are part of the “built environment”





# Linking Trails & Health: The Research

- Improved trail access leads to increased exercise
- Increased exercise leads to increased health
- If  $a=b$  and  $b=c$ , then  $a=c$



# PubMed

National Library of Medicine and the  
National Institute of Health

- [www.pubmed.gov](http://www.pubmed.gov)
- [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)
- Handout with references





# ***Living Near a Trail is Associated with Increased Odds of Walking Among Patients Using Community Health Clinics***

- Pierce JR, Denison AV, Rohrer JE  
**Community Health 2006 Aug: 31(4): 289-302**
- The title is the conclusion!
- You too can be a speed reader!
- The nature of research requires more than one study

# ***Promoting physical activity in rural communities: walking trail access, use and effects.***

- **American Journal of Preventive Medicine  
2000 Apr;18(3):235-41**
- Conclusion - "Walking trails may be beneficial in promoting physical activity among segments of the population at highest risk for inactivity, in particular women and persons in lower socioeconomic groups."
- Mendocino County - Community Health Status Report

***Socioeconomic status and  
perceptions of access and safety for  
physical activity.***

**Annals of Behavioral Medicine**

**2004 Aug;28(1):20-8**

- Conclusion: Having access to trails is an important environmental feature among low SES communities and should be the focus of future community based physical activity interventions.

# *Characteristics of physical activity levels among trail users in a US national sample.*

- **American Journal of Preventive Medicine**  
**2006 Nov; 31 (5):399-405**
- Conclusion: Community trails facilitate physical activity, and almost half of frequent trail users report that access to trails and other green space is important in choosing a place to live. These results support the need for prospective research on whether newly built trails promote physical activity in previously inactive people.

- *Places to walk: convenience an regular physical activity*

- Conclusion: The closer people live to a safe place to walk or bike, the more likely they are to use it.

American Journal Of Public Health, (2002)  
93, 1519-1521

***Neighborhood environment, access to places for activity and leisure-time physical activity in a diverse North Carolina population.***

- Conclusion: access to recreational facilities more than doubles the likelihood that people will engage in recommended levels of physical activity.

*American Journal of Health Promotion. 18, 58-59*

# **Brownson, Ross**

## **St Louis School of Public Health**

- Pre-post study.
- The authors assessed the exercise habits of the community, built a trail that was easily accessible, then reassessed exercise habits.  
Conclusion; those who exercised increased their exercise, and many who had not exercised-started.

# ***Promoting physical activity in rural communities: walking trail access, use and effects.***

- **American Journal of Preventive Medicine**
- Conclusion - “Walking trails may be beneficial in promoting physical activity among segments of the population at highest risk for inactivity, in particular women and persons in lower socioeconomic groups.”



# ***Use of a community trail among new and habitual exercisers: a preliminary assessment.***

- **Preventing Chronic Disease 2004 Oct;1(4) A11. Epub 2004 Sep 15**
- Conclusion: A community trail may be an important vehicle for promoting physically active lifestyles. However, new exercisers must overcome issues of proximal and safe access from residential areas in addition to other safety concerns to achieve regular physical activity.

# ***The Economic Costs of Physical Inactivity, Obesity, and Overweight in California Adults: Health Care, Worker's Compensation, and Lost Productivity.***

- Conclusion: Physical inactivity, obesity, and overweight cost CA \$21.7 billion in 2000 dollars.
- Cost of physical inactivity estimated at \$13.3 billion.
- "The majority of these costs were shouldered by public and private employers in the form of health insurance and lost productivity..."
- If no aggressive action is taken, it is projected that it will rise to 28 Billion in 2005 ( a 32% increase).

# ***Cost-Benefit Analysis of Physical Activity Using Bike/Pedestrian Trails***

- by Guijing Wang, PhD, Caroline A. Macera, PhD, Barbara Scudder-Soucie, Med, Tom Schmid, PhD, Michael Pratt, MD, MPH, David Buchner, MD, MPH
- **"Every \$1 investment in trails for physical activity led to \$2.94 in direct medical benefit."**

# Outdoor Industry Association

- Annual Study - Trade Group = Unbiased info
- Two thirds of Americans will recreate outside
- 30+% will use trails
- 18% Mtn Bike
- 18% Run on trails



# Public Health Initiatives

- Public Health community is ramping up efforts to encourage healthy behaviors
- Chance to partner
- Often overworked and under-funded





# Active Community Environments Initiative

- President's HealthierUS initiative
  - "Take Action: Healthy People, Places and Practices in Communities Project.
  - \$2,000=5,000 Grants: deadline was March 30th
  - Goals 1) physical activity, 2) nutritious diet, 3) preventive screenings, 4) healthy choices.

How Land Use and Transportation Systems Impact Public  
Health -Working Paper #1

# Steps Program “Preventing Chronic Disease Through Local Community Action”

- US Dept of Health & Human Services
- Funded approx 2 dozen Communities
- Unfortunately - No plan for further funding
- Keep an eye out

# CA Obesity Prevention Plan

**A Vision For Tomorrow, Strategic Actions for Today**

- Goal # 3: Support local assistance grants and implement multi-sectoral policy strategies to create healthy eating and active living environments.
- Page #9 “3.1 Award local assistance grants....”
- Page #10 “#3.2a ...build paths/trails...”



# Healthy People 2010

Office of Disease Prevention and Health Promotion

Leading Health Indicators  
( 10 Total)

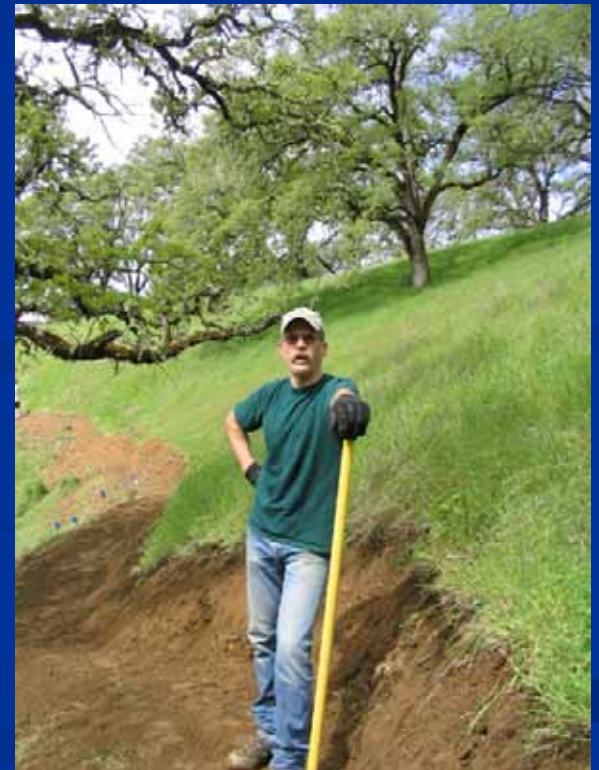
- Physical Activity
- Overweight & Obesity



# Obesity & Overweight

## Healthy People 2010

- Goal = Increase proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes/day
- Now = a paltry 15%
- Goal = a still pitiful 30%



# Physical Activity

## Healthy People 2010

- Goal: Reduce the proportion of adults who engage in no leisure time physical activity
- Now = a whopping 40%
- Goal = a still significant 20%

# **“Trails For Health”**

- Great Brochure from the CDC
- Have it in you back pocket for instant 2nd opinion!



# **The Health Benefits of Parks: How Parks Help Keep Americans and Their Families Fit and Healthy**

By Erica Gies

- The Trust For Public Land
- Summing it All Up!





# Trails Can Help Remedy Our Health Woes

- The costs of poor health include economic and quality of life costs
- Our Children are at risk
- We can use these arguments in many situations to promote trails
- Be a Health Promotion Advocate



# **Battling America's epidemic of physical inactivity: building more walkable, livable communities.**

Journal of Nutrition Education Behavior 2005 Nov-Dec;37 Suppl 2: S115-20

- "Everyone, not just those working in public health, must ally themselves with community leaders to pursue programs and policies to create...a comprehensive network of pathways, trails, (and) bike lanes.."

